Release the past to *enjoy* your *present*

This month the ***Karma Coach*** shows you how to make a fresh start and move forward in your life with confidence

Here we are at summer's end. Perhaps you're waving children off to school for the first time. Maybe you've returned from a holiday which revealed more cracks in your relationship than the in the bathroom tiling. Or perhaps the time away gave you a chance to reassess where you want your career to be heading. In short, is it time to end one phase in your life and start a new one?

Handling change well is vital if we want to be in the flow. Change is as inevitable as roadworks, but how many of us see a diversion sign as a chance to view our life from a different perspective? Yet the more we resist change, the more we suffer. Like a bud refusing to blossom, we can miss chances to experience our greatest joy through fear of letting go of the familiar. Change is our greatest teacher and when we don't embrace it, we lose the lesson. So guess what? We're given another chance to learn it by recreating a similar situation with some minor changes to the cast. That's karma for you!

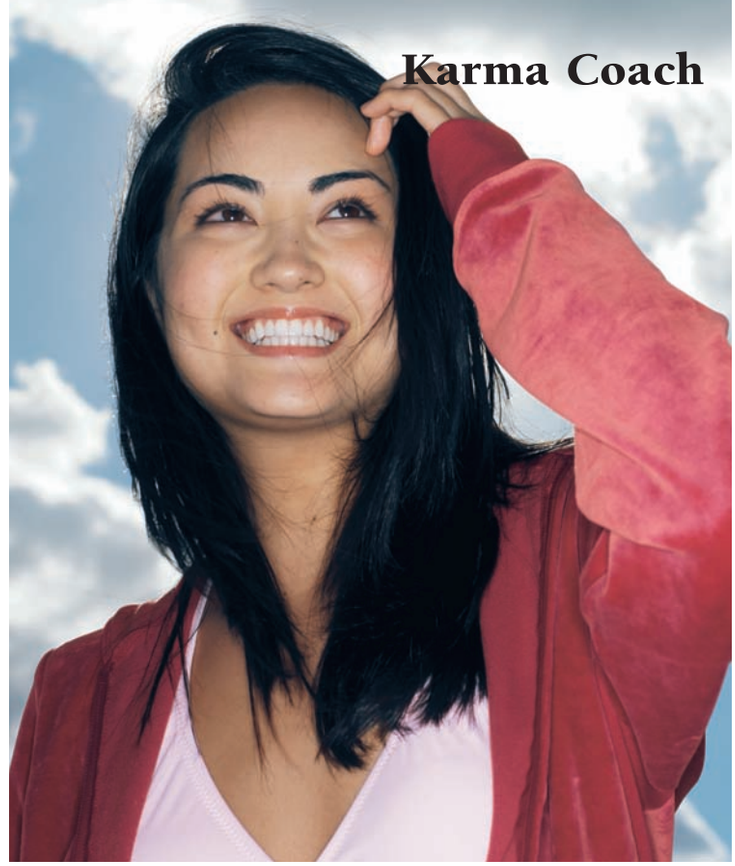
Learn to let go

This month I invite you to see what changes you're resisting and show you the rewards of letting go.

First identify what you're afraid of releasing. A job? A relationship? Usually it's what they represent which keeps us clinging on. Sometimes we're attached to a physical or emotional state, a mental attitude or a spiritual belief. So ask yourself what you think you'll lose if you change. For example:

- Your role as a mum, girlfriend or wife
- Your financial security and lifestyle
- The confirmation that you're desirable and lovable
- The comfort of being good at something
- Your current level of power, control and status
- The respect or self-image your current situation offers
- A predictable, hassle-free routine
- The soothing feeling of being in the right
- Freedom from responsibility

This is not just about your current situation; we can keep ourselves equally stuck in Groundhog Day by focussing on what might have been. The problem is thaty not accepting the gift of the past or current situation, you cannot move on free of baggage. Whether your situation is current or past, write down the gift it gave or gives you, such as:

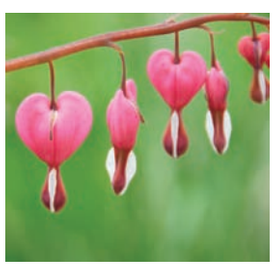


- An unexpected talent
- Inner strength
- The ability to stand up for yourself
- Greater self-knowledge
- The motivation to heal or change
- A new perspective
- A greater ability to value and be valued, to love and be loved
- An ability to use power wisely

Once you have allowed in the gift, let everything else go. Any negativity attached to it is, or was, simply your resistance to learning and changing. No one was right or wrong, everyone was doing the best they could with the level of understanding they had, so let go of any resentment or anger. As we release the negative emotions and take on the positive lesson, our vibration changes. This allows us to attract a different set of circumstances and people who reflect our new understanding. Those things we're clinging to will either lose their importance or we'll realise that they belonged to us all along. For example, when we change our perspective we may trust more in our ability to manifest, so security may become less of an issue, or, as we let in qualities such as self-respect, we're able to take them with us to a new situation and a new set of lessons. So it's not just the children who are going back to school – we can learn lessons too!

As The Karma Coach and a vibrational medicine practitioner, Nikki Wyatt releases family conditioning and ancestral patterns causing problems with relationships, work, money and health. For your free soul flower report and more information, visit spiritoftransformation.com

ESSENCES FOR CHANGE



BLEEDING HEART: This is a fine heartbreak remedy. It balances the thymus gland and the heart. It harmonises extreme attachments to relationships where there has been neediness, possessiveness or co-dependence. Bleeding Heart helps you move through the grief of bereavement or loss of a relationship and begin the self-healing process. It supports compassion for yourself during challenging or stressful situations. It enables you to shift from feeling helpless and trapped and wanting to change another person or situation to realising that you can only change yourself and your reactions.

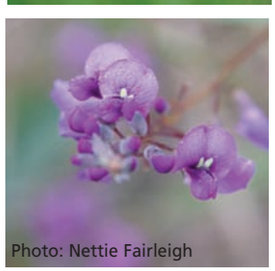
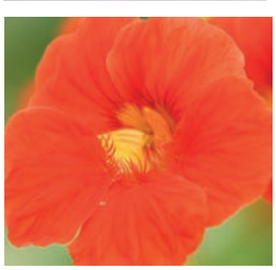


Photo: Nettie Fairleigh

AUSTRALIAN WISTERIA: For wistfulness, obsessing over what could have been or should have been. This flower helps us to accept that change always brings something better if we just allow it to. It releases lingering sadness. An affirmation to help, is, 'I now joyfully embrace my present, allowing myself to move forward with great joy and excitement'.



NASTURTIUM: This invigorating essence draws light through our crown, allowing fear and negativity to lift or subside. It's good for tiredness or 'spaciness' after spiritual work. It helps with rigid, obsessive thought patterns and compulsiveness. It allows us to do what is needed in the moment. It increases our energy when changes are needed. Helps when there is a lack of awareness, boredom, mental tension, over-activity or escape into fantasies. Helps to revitalise the mind when over-intellectualising or over-studying is draining mental energy.

Photo: Monica Johnson

CLEAVER: Works with neediness – helping to release emotional control and possessiveness, bringing freedom from attachment. Helps children who throw tantrums using guilt-inducing behaviour to manipulate others. This pattern needs clearing at two levels: the parent has to unhook from guilt; the child has to release the parent of supposed emotional duties and move on to new experiences. This essence is also useful for adults who always put their own needs first, pulling those around them into co-dependent struggles. It releases tension and any need to manipulate.